



May 2005 • No. 51

focus

morale, well-being & recreation

CELEBRATE

Asian Pacific

HERITAGE MONTH WITH MWR

Saturday, May 07 in CPD Club Cove Bar

Asian Pacific Cuisine and Hawaiian Music

Hiki No Band will be playing and a complimentary selection of Asian Pacific style appetizers, as we acknowledge Asian Pacific Heritage Month. For details or reservations call 243-5506.

Saturday, May 21 at 1800 (dinner) and 2000 (show)

Negishi All Hands' Club Dining Room

Experience this outstanding meal along with the best Asian cultural show in the Far East. Seating is limited. For details or reservations call 242-4180.

Sunday, May 22 at 1200 in Commissary Court yard

Asian Pacific Heritage Celebration

Enjoy outstanding ethnic entertainment and performances.

SUNDAY, JUNE 05 in THEW GYM

Super **BINGO**

\$60,000

GRAND PRIZE

in 54 numbers or less

or **\$40,000** consolation prize

Doors open at 1000. First game begins 1300.

Early bird special from 1200, worth an extra \$3,000.

Early bird special will finish by 1245.

Only \$5 to play.

Advance tickets \$90, good for one bingo package, at-the-door \$120. Participants must purchase one initial package for entry. Additional packages available for purchase for \$55 each. Advance tickets on sale at all Yokosuka clubs, Ikego Club Takemiya, Negishi All Hands' Club, Yokosuka Bowling Center and Atsugi Club Trilogy. All SOFA sponsored personnel and their guests may play, however, only SOFA sponsored personnel may sign for prizes.

Players must be 18 years of age or older. Infants, toddlers and children under 18 may not accompany parent or guardian into Thew Gym's bingo hall. No exceptions! Immediate family members of employees working Super Bingo prohibited. Food and beverages available for purchase inside Thew Gym. Outside food and beverages prohibited.

Directory

MWR Director John Kinnamon 243-7250

Support Services

Administrative Officer Trisha Bernhard 243-7250
 Training Manager Melinda Steele 241-4622
 Personnel Manager Tess Arellano 243-1246
 Financial Manager Maria Custodio 243-5886
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 Central Warehouse Manager Max Goodlow 243-5047

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 Child Development Homes Director Candace Watson 243-5478
 CDC Hourly Care Director Violeta Dela Rosa 241-4101
 Ikego CDC Director Mary Jean Garcia 246-8000
 Nagishi CDC POC Chris Herrera 242-4316

Community Activities

Community Activities Director Mark Richards 241-2209
 Community Center / Hobby Mart Manager Bo Du 241-4111
 Nagishi Community Center Manager Tommie Daniels 242-4120
 Teen/Open Recreation Coordinator Geoff Rhinehart 241-4100
 SAC Program Coordinator Chris Kasperek 241-4891
 Yokosuka SAC Program Manager Luz Medina 243-5492
 Ikego Youth/SAC Program Manager Reggie Riddick 246-8301
 Nagishi Youth/SAC Program Manager Natasha Smith 242-4134
 Yokosuka Teen Center Manager Joe Billa 243-5542
 Ikego Teen Center Manager Vacant
 Nagishi Teen Center Manager Robert Santana 242-4121
 Auto Hobby Shop Manager Duane Ketchum 243-5456
 Wood Hobby Shop Manager Vacant 243-9064
 Bowling Center Manager Ken Rogers 243-4200
 Youth Sports Manager Vacant 241-2950
 Youth Development Specialist Barbara Smith 241-2209
 Ikego Community Activities Manager Robin Murphy 246-8071
 Librarian Kevin Jones 243-5574
 Veterinary Services Capt. Claire Cornelius 243-8862

Club Operations

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 Catering Manager Yasunori Suzuki 243-5788
 CPO Club Manager Ken Johnson 243-5506
 Club Alliance Manager Godfrey Johnson 243-5651
 Seaside All Hands' Club Manager Jeff Polangin 243-5625
 Ikego Club Takemitsu Manager Barry Smith 246-8075
 Nagishi All Hands' Club Manager Fred Garcia 242-4151
 MWR Food Court Manager Lota Balancio 243-3245

Recreation

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 Entertainment Director Earl Murray 243-5215
 Theaters Manager Gregg Hooper 243-5406
 ITT Manager Ruriko Peters 243-5613
 Fleet Recreation Coordinator Craig Stevens 243-7284
 Single Sailor Program Manager Jason Symak 243-7284
 Liberty Center Manager Mike Crockett 243-7346
 Outdoor Recreation Manager Steven Marksberry 241-3709
 Outdoor Special Event Support Adam Lotino 243-5732
 Outdoor Rental Center Tyrone Bailey 243-5732
 Outdoor Sailing Center Larry Dove 241-2067
 International Programs Manager John Saito 243-4731

Athletics

Athletics Director Kyle Rhodus 241-2941
 Sports Director Jessie Ecklund 241-2955
 Intramural Sports Coordinator Matt Kalowich 241-2955
 Fitness Director Vacant 241-4486
 Wellness Programs Coordinator Eugene McClelland 241-4486
 Fitness Programs Coordinator Mimi Wright 241-4486
 Aquatics Director Carol Pocke 243-6410
 Athletics Facilities Manager George Williams 241-2945
 Skateland Supervisor Erlinda Muya 243-7539
 Athletic Maintenance Supervisor Scott Langworthy 243-5203
 Thaw Gym May Tayag 243-5368
 Fleet Gym Sharon Mathena 243-5304

Contents

Clubs

Dining Events 4 to 7
 Daily Club Specials 5
 Filipino Specials 5
 Evening Entertainment 6

Community Activities

Community Centers 8
 Bowling Center 9
 Hobby Shops 9 and 10
 CFAY Libraries 9
 Child Development Program 10
 Teen Programs 10 and 11
 Youth Programs 11

Recreation

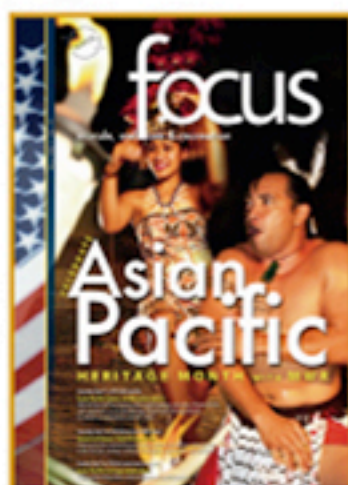
Single Sailor 12
 Outdoor Rec 13 and 14
 International Programs 16
 Aquatics 16
 Adult Sports 17
 Wellness Center 17
 Information, Tours and Ticketing 18

Hours of Operation

19

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The Marketing Division of the Morale, Welfare and Recreation Department of Commander, Fleet Activities Yokosuka, Japan publishes Focus Magazine. Its purpose is to inform the community about MWR leisure and recreational activities available on and off base.

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 CFAY Building #1559, Room #219

Officers' Club

Sunday, May 01, 15, 22 and 29 from 0900 to 1330
in Kosano Dining Room

Sunday Brunch Extravaganza with Live, Soothing Entertainment

Enjoy Yokosuka's premier brunch with exciting new items each week including tasty Kid's station.

\$11.95 (Adult) \$6.95 (Child 8 to 11 years) \$4.95, (Child 4 to 7 years)
Free (Child 3 and under).

Monday, May 02, 09, 16, 23 and 30 from 1700 to 2100

in Kosano and Warehouse Dining Rooms

Special Discount

Receive 20% off of your dinner entrée.

Friday, May 06, 13, 20 and 27 from 1700 to 2100

in Kosano and Warehouse Dining Rooms

Free Soda

Receive this free drink when you order dinner entrée.

Saturday, May 07, 14, 21 and 28 from 1700 to 2100

in Kosano Dining Room

Free Cup of Coffee or Tea

Receive this free drink when you order our Chef's Special or from our a la carte menu.

Thursday, May 12, 19 and 26 from 1700 to 2100

in Kosano and Warehouse Dining Rooms

Free Iced Tea or Coffee

Receive this free drink when you order a dinner entrée.

Saturday, May 21, from 1700 to 2100

in Kosano and Warehouse Dining Rooms

Armed Forces Day

Celebrate those who serve. Active duty military receive \$2 off
Chef's Special by showing military ID.

National Teachers' Appreciation Week



Sunday, May 01 thru Saturday, May 07 from 1100 to 1330
in Officer's Club Kosano and Warehouse Dining Rooms

Honor these special people who turn learning into an adventure.
Teachers receive free slice of freshly baked pie for dessert.

Tuesday, May 10 thru Friday, May 13

in Seaside All Hands' Club Harbor View Dining Room

We thank you for your infinite dedication to teach and love our children. Teachers, stop by the Harbor View Dining Room and receive a free dessert and coffee of your choice from our menu.
Please bring proof of qualification.

Monday through Friday from 1600 to 1800 in Kurofune Lounge
Social Hour

Relax with friends and enjoy specially prepared finger food.

Monday thru Friday from 0800 to 1800

Catering Services

Let us show you what we have to offer from formal ballroom and banquet halls to garden parties and outdoor cookouts accommodating small parties or groups up to 300 people. Our extensive menu selections will match every taste and budget. For details call Tak, Yasu or Ben at 243-7318 or 243-5788.

Deli/Take Out Department

Stop by and get pies and bread straight from the oven, freshly made cold sandwiches, delicious salads, crispy fried chicken snack-pack and much more.

Monday thru Thursday	0900 to 1900
Friday	0900 to 2100
Saturday	1000 to 2100
Sunday	1000 to 2000
Holiday	1000 to 1900

Reservations recommended for all club events. For details about upcoming, and ongoing, events and specials call 243-5030/5002/7318/5788/5624 after 1700 or see flyers.

CINCO DE MAYO CELEBRATION

CPO Club

Mexican specialties on our daily lunch and dinner buffet. Complimentary tacos and Mexican fare in Cove Bar from 1700 until 1930. Mexican Dinner Buffet in the dining room featuring Fajita Bar, Chimichangas, Carne Asada, Cinnamon Crisps, Leche Flan, and more! Our usual Chinese Night will be offered on Saturday night for this week only. \$10.95

Club Takemiyu Lounge from 1900 to 2300

Enjoy party favors, a special "finger food" social hour and our DJ spinning Latino favorites that you can dance to all evening.

Spectrum Center at 1800

Come and celebrate Cinco De Mayo. Event includes appetizer buffet, events, prizes and more!

Liberty Loft at 1800

Free soda and chips.

CPO Club



Sunday Champagne Brunch

Enjoy our elaborate brunch featuring a wide variety of upscale menu favorites including made-to-order omelets, eggs benedict, French toast, pancakes, waffles, crepes and champagne for only \$9.95. Reservations recommended at 243-5506.

National Barbeque Month

Enjoy delicious barbequed items on our Sunday Brunch throughout the month of May, except Mothers' Day.

Friday, May 13 during dinner

National Apple Pie Day

Order our Beef and Burgundy Buffet and receive a complimentary slice of apple pie!

Saturday, May 14 from 2000 to 2400

WATERFRONT BAND

Enjoy the sounds of Gary Bernhard and his band as they serve up great rock, country and sounds from the seventies, and eighties.



Saturday, May 21 from 1900 to 2300

CPO's Second Annual Talk-of-the-Summer Block Party

DJ Martha kicks it out again with sizzling Latino flair. Dance contests, raffle draws and delicious Latin food booths. NO COVER. If you missed it last year, don't miss it now.

Tuesdays and Thursdays beginning at 1830

CPO Club All Hands' Bingo

Compete for over \$4800 in nightly prizes. Bingo package, \$15.00, goes on sale 1700. Games begin 1830. Patrons must be at least 18 years of age. For details call 243-5506.

Cove Bar is open to Chiefs, authorized patrons and their sponsored guests. CPO Club Dining Room is open to all hands during lunch and dinner service. For details call 243-5506 or 241-2899.

Daily Club Specials

Sundays

Sunday Brunch

Officers' Club, CPO Club
Seaside All Hands' Club
Negishi All Hands' Club
Club Takemiya
Officers' Club
CPO Club
Ikego Club Takemiya

A La Carte

Size-It-Up Steak Night
Mongolian Barbeque

Mondays

A La Carte
Italian Night
Stewed Beef Burgundy
Shrimp Cream Croquettes

Officers' Club
CPO Club
Club Alliance
Ikego Club Takemiya

Tuesdays

Mongolian Night

Officers' Club
Negishi All Hands' Club
CPO Club
Seaside All Hands' Club
Club Alliance
Ikego Club Takemiya

Prime Rib Night

Lemon-Basil Chicken
Barbequed Spare Ribs

Wednesdays

Chinese Buffet
Mongolian Barbeque
Pork Tenderloin with
Mushroom Sauce
International Night
Steak Night
Pasta Pasta Buffet Night

Officers' Club
CPO Club
Club Alliance

Seaside All Hands' Club
Ikego Club Takemiya
Negishi All Hands' Club

Thursdays

A La Carte
Chinese Night
Bolognese Omelet Gratin
Steak Specials
Asian Food Night
Oriental Night Buffet

Officers' Club
CPO Club
Club Alliance
Seaside All Hands' Club
Ikego Club Takemiya
Negishi All Hands' Club

Fridays

A La Carte
Seafood Night
Baked Stuffed Flounder
with Caper Sauce
Shrimp Scampi
Mexican Platter

Officers' Club
CPO Club
Club Alliance
Ikego Club Takemiya
Negishi All Hands' Club

Saturdays

Chef's Special and A La Carte
Yama Mexican Buffet
Mongolian Barbeque
Prime Rib Night

Officers' Club
CPO Club
Seaside All Hands' Club
Ikego Club Takemiya
Negishi All Hands' Club

Filipino Specials

CPO Club

CPO offers a variety of Filipino Specials on our lunch buffet Monday thru Friday, from 1100 to 1330.

Seaside All Hands' Club

Monday Chicken and Pork Adobo
Tuesday Nilagang Baka
Wednesday Sotanghon and Lumpia Shanghai
Thursday Chicken and Pork Apritada
Friday Ginisang Mongo and Fried Fish

Evening Entertainment

Sundays

Jazz Nite w/ Mototeru Band and Yokosuka Jazz Band
Sharky's from 1900 to 2300
Pryzm Band
Seaside Barnacle Bill's

Tuesdays

Pryzm Band Live
Negishi Club from 1800 to 2200

Wednesdays

Pryzm Band
Officers' Club from 1900 to 2300
Attitude Adjustment
Club Alliance Upper Deck Sports Bar from 1700 to 1900
Country Night
Sharky's from 2000 to 2400

Thursdays

Karaoke Contest
Officers' Club from 1900 to 2300
with KJ Kenny or KJ Carol
Latin Night with DJ Martha
Sharky's from 2000 to 2400
Latin Dance Lessons
Lighthouse Lounge from 2000 to 2130
Pryzm Band
Seaside Barnacle Bill's
Karaoke Contest Night
Ikego Club Takemiya from 1900 to 2300

Fridays

Attitude Adjustment Time
Officers' Club Kurofune Lounge
and Live Entertainment
from 1900 to 2300
Pryzm Band
CPO Club Cove Bar at 2030
R&B Hip Hop Night with
Sharky's from 2100 to 0200
DJ Masa and DJ Young
Social Hour
Seaside Barnacle Bill's
from 1600 to 1800
Live Entertainment
Seaside Barnacle Bill's
Happy Hours
Ikego Club Takemiya from 1700 to 1900
Friday Night Therapy
Ikego Club Takemiya from 2100 to 0200
with DJ Spydr
Friday Nite Jamz
Negishi Club from 2100 to 0200
with DJ Toney Lane

Saturdays

Karaoke Night w/KJ Kenny
CPO Club Cove Bar at 2030
Pryzm Band
Sharky's from 2100 to 0100
Waterfront Band
Seaside Barnacle Bill's
Saturday Night Jams
Ikego Club Takemiya from 2100 to 0100
with DJ Toney Lane

Club Alliance

Anniversary Discount Special

In Italian Gardens Restaurant, take a closer look at your check. If your check number ends in 10, 25, or 50, receive 10%, 25%, or 50% off your check.

22nd Anniversary Fabulous Bingo Specials

Join us every Saturday in May for the following bingo specials:
21 21 Special- Starts at \$100, and every time 22 is called, \$10 will be added to the pot. The total pot will be given away in a special game May 28th. An added U-Pick-Em game, every Saturday worth \$200. In addition to receiving a free packet, all players who have a birthday in the same week as the bingo will receive a special gift. Other surprise games every week! ...and a free finger food buffet. Open to all hands!

Ladies Night Every Friday

Ladies, Friday night is your night! Join us in Sharky's from 8pm until..... With our DJ playing all your favorite dance music. Free virgin cocktails for all ladies before 11pm. Open to all hands!

May Birthday Dinner Special

Celebrate your birthday with us in Italian Gardens, and receive one menu item Free! Plus a slice of cake with ice cream. Offer valid only on the day of your birthday. Open to all hands!

Every Wednesday to Saturday from 5pm to 7pm in Sharky's Happy Hour

Come socialize with your friends and enjoy an assortment of free finger food in Sharkey's. Open to all hands!

Friday, May 06 at 2000 in Club Alliance

"Waiting for the Night"

A tribute to Selena and Jennifer Lopez. Open to everyone.

Thursday, May 19 at 1900 in Sharky's

Live Comedy with Steve Pearl and Will E. Robo

The Alliance Extravaganza Point Card

For every \$10 you spend at the Italian Gardens, 2nd floor Café, or Sharkey's BBQ you will receive one stamp on your point card. Every 5 stamps, receive 1 free entrée from our lunch or dinner menu. Get 20 Stamps and you'll be automatically entered into a drawing for a fabulous trip. Drawings will take place at the end of every month.

The International Theatre Company London presents...

"King Lear"

by William Shakespeare Directed by Paul Stebbings
Sunday, May 29 at 1700 in Fleet Theater

This show contains mature situations, and content, that may not be suitable for younger audiences. Parental discretion is advised.

\$6 for open seating

Advance tickets available at ITT office beginning Monday, May 02. For details contact 243-5215.



Seaside All Hands' Club

National Salad Month

Let's all feast on any kind of entrée salad (excluding salad bar) offered at the Harbor View Dining Room with a 10% discount.

National Hamburger Month

Enjoy our delightful, mouth-watering burgers. In celebration, get a 50-cent discount on all hamburger orders for the whole month of May.

Friday May 06 from 1800 to 1900 in Barnacle Bill's Lounge

Ladies Night Out

Enjoy the night with your girl friends. All ladies get a free non-alcoholic drink.

Wednesday, May 18 from 1700 to 2100 in Harbor View Dining Room

Family Night

Take your family out for dinner and get a 10% discount on your entire ticket. Free balloons for children 11 years of age and under.

Monday, May 23

Nurse's Day

Seaside All Hands Club would like to show our appreciation to all our hardworking, dedicated nurses for their remarkable work for our community. Nurses will receive a free dessert and coffee of their choice from our menu. ID card must show proof of qualification. For details call 243-3379 or 243-5625.

Monday, May 30

Memorial Day

We would like to honor our distinguished veterans with a 15% discount on their entire ticket for this special day. Our way of saying, "Thank you."

Club Takemiya

Tuesday, May 03, 17 and 31 from 1900 to 2300

Country Night

Enjoy boot stomping, knee slapping, cowboy hat waving music.

Friday, May 06 and 20, from 2000 until finished in bar
8-Ball Tournament

Compete for first, second and third-place prizes.

Saturday, May 07 and 21 from 1700 to 2100 in Dining Room

Eddie Cotten Performance

Enjoy this outstanding performer.

Saturday, May 14 and 28 from 2000 until finished in bar
9-Ball Tournament

Compete for first, second and third-place prizes.



Sunday, May 29 from 1700 to 2100 in Dining Room

Memorial Day Buffet

Relax to the soothing sounds of the Yokosuka Jazz Band while feasting on our outstanding buffet. \$12.95 (Adult) \$6 (Child 12 years and under) For details visit the club.

Mother's Day Brunch

All mothers will receive a lovely floating candle at all MWR Club for Mother's Day Brunch.

Officers' Club

Sunday, May 08 from 1000 to 1400 in Kosano Dining Room

Tell mom you love her by taking her for a special meal. Reservations recommended to avoid seating delay. Adult \$14.95; Child 8 to 11 years of age \$7.95; 4 to 7 years of age \$4.95

CPO Club

Sunday, May 08 from 1030 to 1430

Featuring Carved Steamship Round, Peel-and-Eat-Shrimp, California Roll Sushi, Honey Glazed Ham, Roast Turkey with Gravy and a wide array of salads and desserts. Enjoy the sounds of soft piano music with Fumiko, in our dining room. Adult \$13.95; Child 8 to 11 years of age \$6.95; 4 to 7 years of age \$4.95

Club Alliance

Sunday, May 08

Mothers that dine at the Italian Gardens Restaurant will be entered in a drawing for a special prize.

Seaside All Hands' Club

Sunday, May 08

The Seaside All Hands Club would like to honor all mothers. Come and join us for a Special Sunday Brunch for our wonderful, dedicated mothers. Adult \$14.95; Child 8 to 11 years of age \$6.95; 4 to 7 years of age \$4.95

Negishi All Hands' Club

Sunday, May 08 from 0900 to 1400

Come in and join us for a special meal of carved Prime Rib and Roast Ham made to say thank you to our moms. Adults \$12.95; Child 8 to 11 years of age \$5.95; 4 to 7 years of age \$3.95

Club Takemiya

Sunday, May 08 in Dining Room

Mom, come in and enjoy our delicious buffet. For details call 246-8077 or visit the club.

Bun Walk

Ikego Community Activities

Saturday May 07 beginning at 0900

Join us in Club Takemiya parking lot for this fun run.

Negishi Community Activities

Saturday, May 07 at 0900 in front of Negishi All Hands' Club

Join Negishi MWR on this special day to celebrate those who are so important in our daily lives. Event is free but registration is required by Friday, April 29 at Negishi Fitness Center. Event is open to all I.D. cardholders and their guests. For details call 242-4124 or 045-281-4124.

Yokosuka Community Center

Featured Class

Art Class

Explore all your artistic talents with this general art class. Children's classes include painting, drawing and sculpting techniques while learning about artists and using different materials to produce fun and creative artwork. Adult classes include painting (oil and watercolor), printing, drawing and sculpting with exploration of different materials and artists.

Leisure Classes

Preschool/Toddler Music

Enrich your children's musical abilities with this exciting new class. Bond with your children through song and dance. Thursday mornings at the Community Center.

American Sign Language (ASL)

An introduction to the basics of ASL designed for students with little or no knowledge of ASL. Readiness for learning will be approached through visual gestural communication techniques, visual discrimination and visual memory exercise. ASL questions, commands and simple sentence structure are covered.

Events

Artist Trading Card Workshop

Join us for our first ever Artist Trading Card Workshop. Create and trade cards with other artists from here and around the world. Workshop held last Tuesday of each month from 1700 to 1800. Each workshop is \$5 with a \$1 material fee.

ARTS CRAFTS fair

in Thew Gym

Sunday, May 15 from 1000 to 1600

Come out and enjoy the eclectic collaborations from Japanese and American artists of Yokosuka Community. Their talents will be on display for perusal at your leisure. Demonstrations and performances by instructors and students at the Community Center will enhance your understanding and pleasure of the Japanese culture.

The show will include taiko drum, koto, and kimono dressing. The performances will include guitar, piano, ballet, hip hop, and belly dancing. Community Center classes will also be featured for your enjoyment. Don't miss this fun-filled Sunday afternoon event.

Flea Market

Held the first Saturday of each month, flea markets are a great way to get to know your neighbors and browse through undiscovered treasures. If you would like to feature some treasures of your own, the Community Center has space reservations for \$5. Rain dates are the following Saturday.

For details visit www.cfay.navy.mil/mwr under leisure activities or call 241-4111/243-6713. Class schedules may change without notice, so come to the Community Center often for new updates and browse through our Hobby Mart.

Ikego Community Activities

Leisure Classes

We offer classes in ballet, piano, guitar, violin, gymnastics, Rising Sun Tang Soo Do and Taekwon Do. For details visit www.cfay.navy.mil/mwr or call 246-8071.

Events

MWR/PTO Spring Fest

Saturday, May 07 from 1100 to 1500 on Field 3

Join MWR and Ikego Elementary School PTO for this fun-filled afternoon. Enjoy food, air toys, cotton candy, music, games and prizes.

Rain date Sunday, May 08

Saturday May 14 from 0800 to 1200

Swap meet

Sign up at Ikego MWR Office no later than Thursday, May 12. We will meet you in Club Takemiya parking lot at 0730. Reserve your spot today for only \$5 per table and 2 chairs.

Upcoming Event

HIPPIE DAZE AND COUNTRY NIGHT

Negishi Community Activities

Leisure Classes

Negishi leisure classes include yoga, karate, piano, hip hop and salsa dancing, ikebana, origami, tea ceremony, kimono dressing and Japanese language lessons on first and second floors of the Community Center Building. Please visit www.cfay.navy.mil/mwr for class schedules and fees.

Events

Saturday, May 07 beginning 0900

Mother's Day 5K Fun Run Walk

For details see page 7

Friday, May 21 from 1800 to 2000

Third Annual Negishi Asian Cultural Celebration

Celebrate Asian Pacific Heritage Month with entertainment and food representing various nations. For details call 242-4120.

Upcoming Events

Community Yard Sale

Saturday, June 04

Saturday, June 18

Fathers' Day 5K Fun Run/Walk

Library

Summer Reading Program

As the library gears up for its annual summer reading program beginning next month, we are looking for volunteers interested in sharing their time and talents with children. We run weekly programs during the summer for two age groups; one program for preschoolers and another program for children ages six through twelve. If you have a talent in an area such as storytelling, arts and crafts, music, puppetry, drama, magic or similar skill you would like to share please contact the librarian at 243-5574.



Summer reading programs began in the 1890s as a way to encourage school children, particularly those in urban areas and not needed for farm work, to read during their summer vacation, use the library and develop the habit of reading. Numerous studies have shown that summer programs help ensure that school children retain reading and learning skills over the summer recess. Summer reading programs are geared for reading for the fun of it. If you can read, thank a teacher. If you love to read, thank a librarian.

Yokosuka Bowling Center

This month's music special

Monday Nights Heavy Metal and Tuesday Nights That's An 80's Thing

Sundays from 1600 to 1800 and 1815 to 2015

Sunday Family Program

\$15 for a family of 4. Free shoes giveaways. Come join the fun with Disney Channel music as our feature.

Saturday, May 07

Monthly tournaments

No Tap Sweeps

Friday, May 20 from 1030 to 1700

May Open-Play Specials In-Service Day

Out of School Specials for the youths. \$1 per game and 50 cents for Shoes. Ages 3 to 17

Saturday, March 21

Best Ball Doubles

Monday, May 30

Memorial Day - Holiday Special

Come and bowl all day for a great rate of \$9 per lane includes shoe rental.

Come and enjoy our new Mean Genes Express. MWR hosts its new lunchtime bowling program. We now offer on a weekly basis our Command of the Week. The command of the week has the option of either offering free bowling to Active Duty in uniform during lunch from that command between 1100 and 1300, Monday thru Friday or the command can pick a day during that week and host a command function. Call us for details about when your command is featured.

Auto Hobby Shop

Children under twelve years of age are prohibited from entering Auto Hobby Shop premises pursuant to CFAY Instruction 1710. 64E. Find childcare prior to coming to facility.

Please stop by the MWR Auto Hobby Shop Located right next to the Seaside Club for any assistance you may need with your vehicle.

The Auto Hobby Shop pit crew will assist you in keeping your car in top running condition. Personnel wanting to use MWR Auto Hobby Shop, however, must take safety test prior to using facility. Test is given upon request so stop by any time.

Tip of the Month

Spring your vehicle back into shape! After a long hard winter, not only your soul needs rejuvenating — so does your vehicle! It's important to get your car back in tip-top shape after a season of cold and snow and get it prepared for the warm summer months ahead! Here are some car care tips to help you out.

Exterior

- A good hand wash of your vehicle is very valuable in the spring. Take the time to check out the condition of your paint while you're washing and make note of any chips or scratches.
- If you do find some minor damage to your paint job, buy some touch-up paint as soon as possible. It's important to do anything and everything to prevent rust from forming!
- Spray the salt and dirt out of your wheel wells, a favorite hiding spot for rust, and repair any rust if necessary.
- A good waxing is great for your paint job after winter.
- Check the windshield for stone chips or cracks. It often isn't necessary to replace the entire windshield, just repair the chips. This is also a good time to replace worn out wiper blades.

Interior

- If the carpet in your vehicle is subjected to a lot of salty water over the winter, rust could be forming where you can't even see it, underneath the carpet. A good rug shampoo, either a do-it-yourself project or professionally done, will help remove the salt from the carpet fibers. Make sure to clean the upholstery too.
- Give the vinyl in your car a good cleaning with a vinyl treatment product to help protect against drying and cracking.
- Clean your windows, inside and out — it will increase visibility.

Under the hood

- Change the engine oil and filter if needed every 3 months or 5000 km.
- Get a tune-up if necessary. Check vehicle owner's manual for frequency.
- Inspect cooling system hoses for leaks and drive belts for cracks.
- Have your antifreeze tested. It prevents your coolant from boiling in the summer.

Tires

- Check your tire pressure. Temperature changes can affect it. Having the proper tire pressure will maximize your gas mileage and save wear and tear on your tires!
- Check the condition of your tires. Did they sustain any damage? Is there anything visibly wrong like cuts or bulges in the sidewalls? If so, have them checked.

Keep cool during the summer months. As we head towards the summer months, keeping cool is important - both under the hood and in your vehicle. Before the temperatures start to rise, it's a good idea to check your vehicle's cooling system. Have your anti-freeze tested to make sure it's up to strength - it prevents your car from overheating. Check that your radiator pressure cap is in good condition. Your maintenance schedule should also be up to date to ensure smooth sailing throughout the summer.

There's nothing better than a cool, comfortable drive when it's sweltering outside. So make sure your car's air conditioning system is also in good shape. You don't want to find out in mid-July, when it's 90 degrees in the shade that the air conditioning isn't working.

Wood Hobby Shop

Fridays at 1700 and Saturdays at 0800

Safety Classes

This will take about two hours and is required to use the shop.

Wood Hobby Shop is located next to Fleet Rec on back side of Outdoor Gear Issue.

Child Development Program

Mother's Day Luncheon

Main CDC
Friday, May 13 at 1400
Mothers' Day Tea Party

Hourly CDC
Friday, May 13 from 1100 to 1200

Negishi CDC
Friday, May 06 from 1100 to 1200

Ikego CDC
Friday, May 06 from 1100 to 1200

Main CDC

Saturday, May 14 from 1700 to 2400
Special Opening

Negishi CDC

Saturday, May 21 from 1800 to 2400
Special Opening

Ikego CDC

Saturday, May 28 from 1800 to 2400
Special Opening

Child Development Homes

Wednesday, May 04 and 18 from 0830 to 1030
Orientation Training

Monday thru Friday, May 23 thru 27 from 0800 to 1200
Certification Training

Yokosuka Teen Program (YTP) for Seventh thru Twelfth Grade

Summer Youth Camps Registration

Saturday, May 21 from 1000 to 1400

Make sure to stop by Thew Gym to sign up for our Youth Camp programs this summer. Programs include: Camp Adventure Summer Day Camp (Grades K thru 6) 241-4891; Youth Outdoor Adventure Camp 2005 (10 to 18 years of age) 241-4100; Sports Camps (7 to 17 years of age) 241-2948.

There are many new exciting sessions being offered this year, so come check it out!

The YTP program is designed for all eligible teens within the Yokosuka, Negishi and Ikego on and off-base areas. For details stop by any teen center or visit our website at www.cfay.navy.mil/mwr.

Yokosuka Teen Center

The Yokosuka Teen Center is located between the post office and Benny Decker Theater. For details call 243-5542.

Saturday, May 07, 14, 21 and 28 at 1800

Movie Night

Come see what movies are showing at the Theater in the Yokosuka Teen Center.

POOL Tournament

Test your 8-Ball skills against the Teens of Yokosuka and win your place in the Month of May, Teen Center Pool Tournament

Wednesday, May 04 at 1500

8-Ball Pool Tournament

Wednesday, May 11 at 1500

9-Ball Pool Tournament

Wednesday, May 18 from 1500

Cut Throat Pool Tournament

Wednesday, May 25 at 1500

May Pool Tournament Finals

Watch or compete as the winners of the weekly tournaments compete for prizes and pride as we find out who wins for the Month of May.

Ikego Teen Center

*The Ikego Teen Center is located in Miyajima Tower Party Room.
For details call 246-5929.*

Friday, May 06 at 1700 and 20 at 1900

Movie Night

All preteens and teens are invited to come and join in on the fun at movie night at the Ikego Teen Center.

Saturday, May 07 at 1500

8-Ball Pool Tournament

Test your 8-Ball skills against the teens of Ikego.

Negishi Teen Center

*Negishi Teen Center is located at summit of Cardiac Hill by skatepark.
For details call 242-4121.*

Friday, May 06 from 1700 to 1900

Air Hockey Tournament

This is a great way to show your talent, or even learn to play! Sign-up at the Teen Center to enter!

Saturday, May 07 Preteens 1200 to 1700 / Teens 1200 to 2000

Movie Night

All preteens and teens are invited to come and join in on the fun at movie night. Popcorn and drinks will be provided.

\$1

Friday, May 13 from 1600 to 1900

Pool Tournament

Teach or be taught! The sharks are coming out to play. Come join in on the fun at our pool tournament.

Monday thru Saturday, May 09 thru 14

Digital Arts Week

We will start up our first-ever digital arts club. To get started let's spend a week together and make movies or take pictures. Then we will learn how to edit and/or input sound. After all is completed, we will sit down at a movie night and present the finished arts to the rest of the club. This will be a great experience for all. If you are interested, please sign up by Saturday, May 07.

Saturday, May 14

Fuji-Q Highland Amusement Park Trip

Fuji-Q is known to have the longest roller coaster in the world...think you can take it? We're certainly going to try! Join us on this fantastically fun trip, while also getting a great view of Mt. Fuji.

\$50

Friday, May 20 from 1700 to 2000

Bowling Night/Any Ball

First we will be going to the bowling alley here on Negishi Base for a few games, then going to the gym for any ball. The fun part is, you don't know what kind of ball; we will be playing basketball, soccer or whiffle...who knows? Guess you'll have to come along to find out!

\$2

Saturday, May 21 Preteens 1200 to 1900 / Teens 1200 to 2400

Late Night Closing

This is a once a month special event when our center stays open until MIDNIGHT! Teens can play games, watch TV, watch movies or just hang out with friends and then stay for the break of the new day at midnight.

\$3

Saturday, May 28

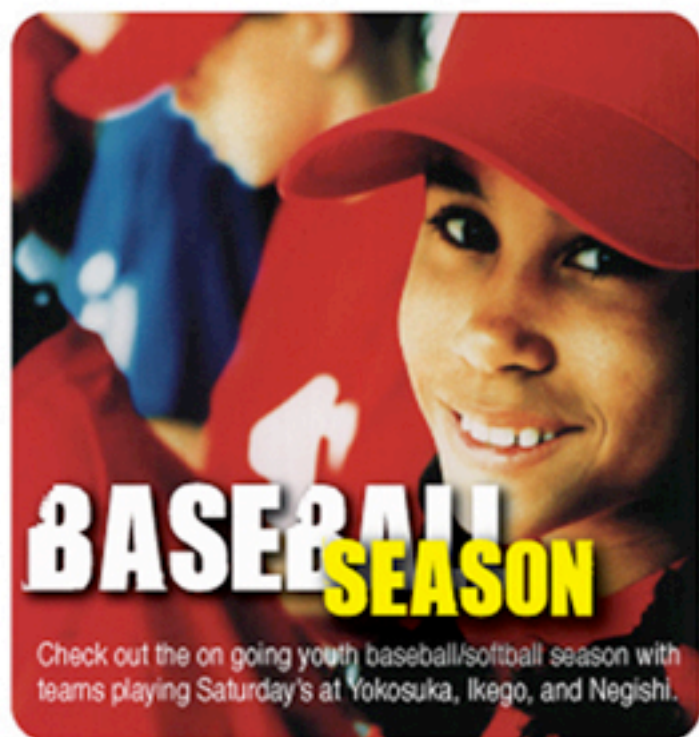
Atsugi Shopping and Mystery Meal

We'll visit our friends at the Atsugi Teen Center and do some shopping at their NEX. We'll also take you out to a different kind of cuisine sure to tempt your taste buds!

\$13

Youth Sports

for ages 5 thru 15 years of age



Youth Sports Swim Teams

Registration for the youth swim teams will be the entire month of May. Teams from Negishi, Ikego, and Yokosuka will form and swim against each other. Practice starts Monday June 6.

\$40 for the first child and \$35 for all other children

Monday, May 02 thru Tuesday, May 31

Teen Summer Basketball at Youth Sports Office

Special summer program for teens 13 to 18. JV and Varsity High School players are welcome to participate. Saturday tournament style games and weekday games.

\$40 for the first teen and \$35 for all other children.

Gymnastics

Register your child for classes in Yokosuka or Ikego. For details call Youth Sports Office in Yokosuka at 241-2952 or Ikego at 246-8017.

Year-Round Soccer Program

Games played every Sunday at Ikego. Teams on both Ikego and Yokosuka (U12 only). For details on fees visit or call the Youth Sports office in Yokosuka or Ikego: Ikego Youth Sports office- 246-8017 Yokosuka Youth Sports office- 241-2952

PAYS

Parents Association for Youth Sports meetings are held every Wednesday at 1000 in the Ikego Youth Sports office and every Thursday at 1000 in the Yokosuka Youth Sports office. Sign up in advance to attend. Learn everything you need to know about the Youth Sport Program and the role you play as a parent. One time attendance entitles you for registration discounts for Youth Sports activities and membership into the national organization. Cost is \$5.

Swimming

Yokosuka Seahawk Swim Team is a special interest competitive swim group for youth 18 years of age and under. For details contact Lauri Dittmer at 241-2366 or email Dikndit@aol.com. This is not an MWR-sponsored activity.

For information on any programs call Charina Delacruz at 241-2952 in Yokosuka, Ray Griffin at 246-8017 in Ikego or Robert Santana at 242-4121 in Negishi.

Single Sailor Liberty Program

Single Sailors WANTED

Beginning in May, Single Sailors get 10% off on all boat and equipment rentals and sailing and powerboat lessons at Green Bay Marina by showing a Spectrum Membership Card. You can get your Spectrum Card from the Single Sailor Spectrum Center located in Fleet Recreation Center.

MWR Single Sailor Volunteer Program

If you want to enhance your military record, help base programs out and feel good about doing something proactive, then come see the Spectrum Manager for details. Sailors interested in volunteering for programs will receive Letters of Appreciation. Volunteer work would include helping out various MWR events and programs. For details call 243-7346, and ask to speak to the Spectrum Manager.

Tours

Drop-off and Pick-up Tours!

Spice up your knowledge of Japanese culture! We will host a trip to a different destination monthly and drop you off! Imagine hours of free time to dine or shop - Japanese Style!

Friday, May 06 from 1600 to 2200

La Cittadella Kawasaki Tour

Never been to Kawasaki? Well, here is the chance of a lifetime. La Cittadella is a one of a kind shopping and gourmet mall that opened 2 years ago in front of Kawasaki Station. The Kawasaki city government and local area have collaborated in planning to boost the development of the area. Enjoy your Friday night!

\$10 per person includes transportation only

Thursday, May 12 and 26 from 1300 to 1500

MWR Orientation and Local Area Tour/Brief

Welcome to this Gateway program! This tour is available for Single Sailors who have just arrived to Yokosuka! Get your knowledge of exploring on and off base! You will visit all base MWR facilities, local train stations and more. Most of all, it's FREE! For details contact us at 243-7284 through your command's MWR Recreation Services personnel.

Friday, May 13 from 1600 to 2200

Yokohama China Town Tour

Experience Chinese culture in Japan! Come to Japan's largest Chinatown that was developed after the Port of Yokohama opened to foreign trade in 1859. Since that time it has become one of the most popular sightseeing areas for every nationality. Walk, sightsee, shop and eat at various places. Yokohama Big World is a nostalgic China-themed building that recently opened offering more eating and sightseeing options!

\$10 per person includes transportation only

Saturday, May 14 from 0700 to 2200

Tokyo Disneyland Tour

Enjoy a unique cultural experience by visiting Tokyo Disneyland where you will meet many of the favorite characters that you've come to love, outstanding entertainment, great shopping and many delicious places to eat - Japanese style - for only ¥5500, or dollar equivalent at daily conversion rate, plus \$10 for round-trip transportation.

Friday, May 20 from 1600 to 2200

Grandberry Mall Tour

Visit this multi-purpose shopping and entertainment complex filled with excitement! You can't miss what Grandberry Mall has to offer including Outback Steak House, Gap and other outlet shops.

\$10 per person includes transportation only



Asakusa Sanja Festival

Saturday, May 21
from 0930 to 1800

Held on the third weekend in May every year, the Sanja Festival is one of the three biggest festivals in Tokyo. It features the parading of more than a hundred mikoshi (portable shrines) by community people offering thanks to Gods of Mercy for peace and harvest. Come out and join the experience of the Japanese culture.

\$10 per person for transportation only.

Friday, May 27 from 1600 to 2200

Tokyo Odaiba Venus Fort Tour

Venus Fort, which opened in August 1999, is the first theme park-like shopping mall in Japan. Inside of the enclosed building, Seventeenth and Eighteenth Century European-style streets will appeal to you! This multi-purpose shopping and restaurant complex never lets you get bored because it helps you forget your daily work!

\$10 per person includes transportation only

Saturday, May 28 from 0630 to 1900

Yunessun Hot Spring Tour

Relax in a natural hot spring in the picturesque city of Hakone. Located at the foot of Mt. Fuji, Hakone covers an area of spectacular beauty forming Fuji Hakone National Park. Yunessun Hot Spring offers 21 different types of Japanese baths, saunas, indoor hot spring pools and massage rooms. Take a break from the grind and relax in Hakone. Bathing suits are required.

\$40 per person includes transportation and ticket

Monday, May 30 from 0630 to 1900

Memorial Day - FUJI Q Highland Tour

You can't miss this holiday tour! Have a chance to ride the world's highest roller coaster! Experience all of the thrilling rides! You won't want to miss Dodonpa, which launches riders from zero to 107 miles per hour in just under two seconds. Also you can't miss a new ride called "Tondemina." This will swing you on a round swing with 25m long arms at speeds of 70 miles per hour at an 120-degree angle, right and left, back and forth! Also enjoy the great views of Mt. Fuji.

\$50 per person includes transportation and park ticket



4th of July Special
New Sanno Hotel Reservation for Single Sailors

We will simply take you to the New Sanno on Saturday and take you back here on Monday! Nights away for the 4th of July long weekend are all yours! Don't wait to make a decision until the last minute. Spots will be gone by then! After the tour, the 4th of July celebration fireworks will be waiting for you on base! Room availability is limited. First come/first serve. No phone call reservations accepted. Price, according to military rank, based on New Sanno Hotel reservation policy.

E1-E5 \$92 per room for 2 nights plus \$10 transportation
E6-O3 \$108 per room for 2 nights plus \$10 transportation
O4 and above \$126 per room for 2 nights plus \$10 transportation

Single Sailors and geographical bachelors only on first come/first serve basis. No phone call reservations accepted. Tour tickets are non-transferable. If minimum number (10 people) is not reached by cut-off date, tour will be cancelled. All times approximate due to traffic.

Events

Friday, May 06 from 1130 to 1430

2005 Commissary Awareness Month Celebration supported by Single Sailor Program

Come and enjoy a barbeque with various events, DJ and giveaways in the pavilion by the Commissary entrance. Free food to any Single Sailor who does a Commissary tour. Just come and bring your Spectrum Card! Also check Spectrum Center for free Commissary tours with dates and times in May for ways to save money on buying various items.

Wednesday, May 11 at 1900 on Thew Gym Basketball Courts

Free Throw Shooting Contest

Want bragging rights, then come and compete in a best out of ten free throw shooting contest. Prizes to first and second place only. Must sign-up at Spectrum Center.

Saturday, May 21 at 1400 in Outdoor Recreation Center

Paintball Arena

Yokosuka vs. Atsugi Single Sailor Paintball World War I

Single Sailors from both bases will compete team against team to see who is the best in the Kanto Plain! Package A is for FREE. Must be a Single Sailor to sign-up. Only ten sign-ups from each base.

Wednesday, May 25 at 1900 in MWR Bowling Center

Bowling Tournament League Style

Come and bowl 3 games for free with a chance to win prizes! Prizes to highest scoring bowlers of 1st, 2nd and 3rd games only! Must sign-up at Spectrum Center to compete.

Monday, May 30 in Spectrum Center

Memorial Day Pool Tournament Holiday Celebration

Come relax from the long holiday by competing in two pool tournaments. 9-Ball Tournament begins at 1400. 8-Ball Tournament begins at conclusion of 9-Ball Tournament. Appetizers to contestants only and prizes for first place contestants. Sign-up at Spectrum Center.

Liberty Loft Center

Wednesday thru Saturday from 1800 to 2400 on second floor of Club Alliance. Visit Liberty Loft, the Single Sailor Liberty Annex Center including cinema viewing area, ten high-speed internet areas and three big screen TV's for PS2 and X-Box usage. Your Spectrum Card is your admission ticket!

Wednesday and Thursday, May 18 and 19 at 1830

PS2 2005 Madden Tournament

Prizes to 1st, 2nd & 3rd places only! Must sign-up at Liberty Loft!

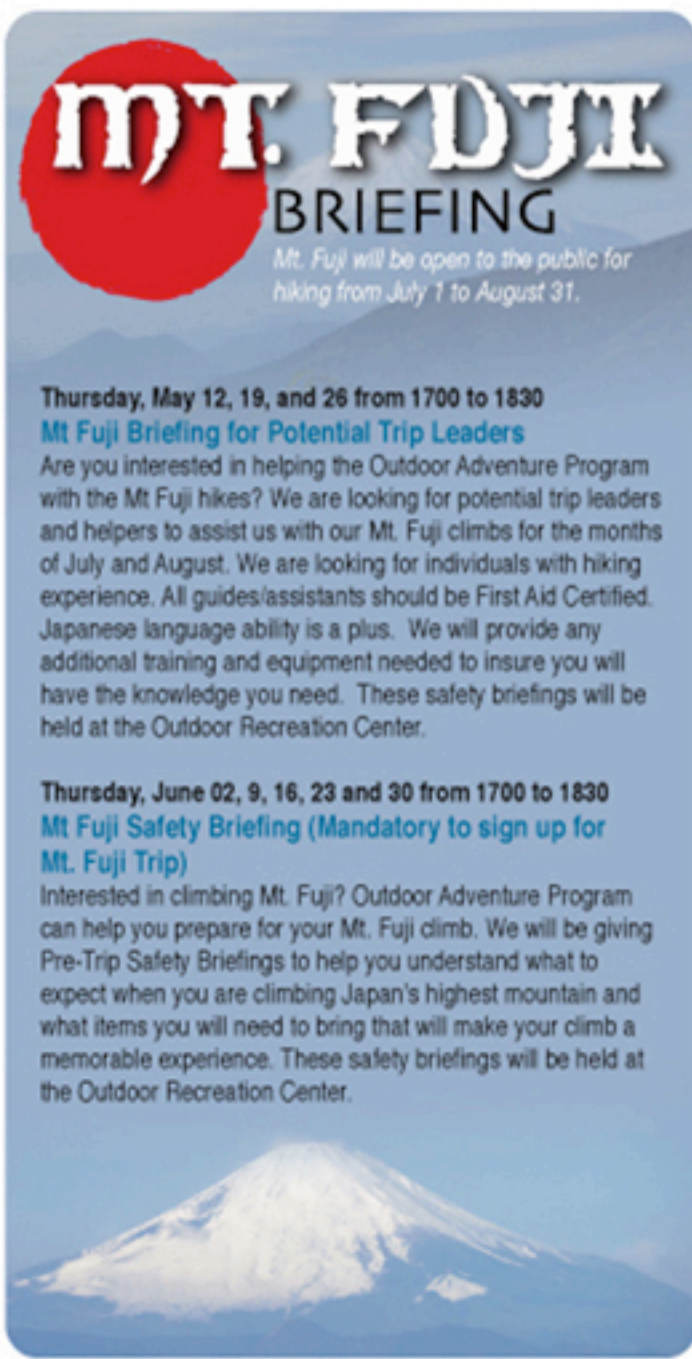
Friday, May 13 at 1800

Friday Horror Movie Night

Come see the scariest moves out to date! Free soda and chips, too!

For all the tournaments and events, sign up at Single Sailor Spectrum Center. For details call or stop by Spectrum Center.

Outdoor Recreation Center



MT. FUJI BRIEFING

Mt. Fuji will be open to the public for hiking from July 1 to August 31.

Thursday, May 12, 19, and 26 from 1700 to 1830

Mt Fuji Briefing for Potential Trip Leaders

Are you interested in helping the Outdoor Adventure Program with the Mt. Fuji hikes? We are looking for potential trip leaders and helpers to assist us with our Mt. Fuji climbs for the months of July and August. We are looking for individuals with hiking experience. All guides/assistants should be First Aid Certified. Japanese language ability is a plus. We will provide any additional training and equipment needed to insure you will have the knowledge you need. These safety briefings will be held at the Outdoor Recreation Center.

Thursday, June 02, 9, 16, 23 and 30 from 1700 to 1830

Mt Fuji Safety Briefing (Mandatory to sign up for Mt. Fuji Trip)

Interested in climbing Mt. Fuji? Outdoor Adventure Program can help you prepare for your Mt. Fuji climb. We will be giving Pre-Trip Safety Briefings to help you understand what to expect when you are climbing Japan's highest mountain and what items you will need to bring that will make your climb a memorable experience. These safety briefings will be held at the Outdoor Recreation Center.

Events

Saturday, May 07 from 0930 to 1600

Mother's Day, Day-Cycling Tour to Kanonzaki

Come with the ORC as we cycle down to the Kanonzaki Lighthouse, and tour it and the Botanical Gardens that surround the area. Trip includes trip leader only, bikes are available separately from the ORC.

Free for Mom, \$10 for family members

Sunday, May 08 from 0830 to 1800

Rock Climbing at Takatori-yama, Kanagawa Prefecture (Beginner)

Are you interested in challenging yourself but don't want the long drive? Takatori-yama is only a 30-minute drive from Yokosuka. Then we'll hike up the trail to Takatori-yama, where people used to cut stones for building materials. The faces you will climb are sandstone and fit for beginners and advanced climbers.

\$25 per person

Saturday, May 14 from 0445 to 1900

Junigatake, Kawaguchi-ko (Sai-ko), Yamanashi Prefecture (Intermediate/Advanced)

Junigatake is a chain of twelve ('juni') peaks that forms a ridge like a knife-edge. We will have lunch at Setougatake, the top of the highest peak of this hike. You will have good view of Mt. Fuji and also the Southern Alps. These mountains are located a few miles north of Mt. Fuji. This is a 7-hour strenuous hike.

\$50 per person.

Saturday, May 14 and 28 from 0545 to 1800

White Water Rafting at Tamagawa, Okutama, Tokyo Prefecture

It's time for whitewater rafting on the Tamagawa River. We will weave our way down the Tamagawa as we bask in the beauty of the surrounding mountains in the Chichibu-Tama National Park. This river is a Class 2 & 3, so come and enjoy a day on the river.

\$80 per person

Saturday, May 14 from 0745 to 1600

Sea Kayaking at Hayama in Kanagawa Prefecture (Beginner)

Experience adventure on the western side of the Miura Peninsula while you learn basic paddling strokes and, depending on ability, the Eskimo Roll. After a one-hour class we will paddle around the rocky shores of small islands that follow the coastline between Zushi and Chojagasaki. The trip location is subject to change due to weather.

\$40 per person includes transportation and sea kayak equipment

Saturday, May 21 from 0400 to 2200

Fujimi Panorama Downhill and Cross Country Mountain Biking Trip

Fujimi Panorama is home to a 21 km cross country loop that offers all types of terrain for the intermediate to expert XC rider, as well as two new Dirt Jump Parks. Experience the adrenaline rush of a 1000 ft. elevation drop on any of the three down hill shuttle runs. Challenge yourself and run the NORBA Pro Level "A" Course, which offers a very rough and fast 3 km of terrain. The "B" Course offers 5.2 km of downhill switchbacks with 3 high-speed sections and two "rock gardens". The "C" Course offers 6.7 km of winding downhill switchbacks that is suitable for beginner/intermediate level riders. Cost covers transportation, lift ticket, and knee/elbow pads. Bikes and helmets are available separately at the ORC Rental Counter.

\$100 per person

Saturday and Sunday, May 21 and 22 from 0345 (Day 1) to 2100 (Day 2)

Rock Climbing and Camping, Ogawayama, Kawakami-mura, Nagano Prefecture (Beginner/Intermediate)

Ogawayama is a 'Little Yosemite' of Japan and where Japanese Free Climbing history started. Enjoy the granite cliffs and forest that surround the campground. The access to the rocks is only a short hike. The ORC will be providing tents. However, you will be cooking your own meals. Please prepare your food, cooking sets, sleeping bags, etc. We will have a briefing for this trip on May 17 from 1700 at the Outdoor Recreation Center.

\$120 per person includes instruction and transportation

Saturday and Sunday, May 28 and 29 from 0445 (Day 1) to 2000 (Day 2)

Overnight Sea Kayak, Izu, Shizuoka Prefecture (Intermediate)

The coves, cliff sides, and the sandy beaches of the Izu Peninsula offer exciting sea kayaking and spectacular views. Enjoy two days of sea kayaking. We will be camping and enjoying the total experience of traveling by sea kayak. This trip is intended for those with some experience in kayaking.

\$160 per person with lodging. Meals are not included

Saturday, June 04 from 0345 to 2000

Day Hike, Mizugakiyama, Sudama-cho, Yamanashi Prefecture (Intermediate/Advanced)

Let's hike in a world like a Chinese landscape painting. Mizugakiyama is a pile of huge standing rocks and the view from the trail is just amazing. You will also find beautiful rhododendrons (rosebay) blossoming in the woods. This hike is good both in the sun and in the rain.

\$80 per person

OUTDOOR RENTAL Center

Stop by and check out our Resource Information Center. We rent a wide variety of extreme outdoor videos, DVD's, and "how to" books. All of these items are \$2 per week. We also have maps, local information, and a wide variety of books on outdoor skills. Make us your primary source for all information leading to the great outdoors!

Don't forget to fill out our monthly raffle ticket for the chance to win either a MWR gift certificate valued at \$25 or a MWR coupon good for one free movie admission, one medium popcorn and a soda.

Item	Rate
Mountain Bike	\$40 a week
Single Speed Bike	\$10 a week

Bicycle Maintenance and Repair

Do you need to adjust your brakes or even have a complete overhaul? Have our certified bicycle technician take care of your major or minor bicycle repair problems after a free estimate.

Bicycle Storage

Are you tired of worrying about your bicycle? Do you hate getting the rust off of your gears and chain? Do you want to ensure that your bicycle stays clean, dry and ready for use? Stop by and store your bicycle at Outdoor Recreation Center for only \$15 a month!

Special Event Support Services

Join us as we welcome in spring during the month of May. This month we have a special offer for children's air toys to help them "spring" into the season. Come to the Outdoor Recreation Center to get in on our amazing Spring Deal of 10% off all \$100 air toys for Monday through Friday rentals. Special Event Support Services is offering a daily package deal for the month of April.

Package A (indoor party rooms or outdoor) includes our exclusive Clown House air toy, four 8ft tables, and 12 chairs. Regular cost is \$132, but you can get this package for \$115.

Package B (for outdoor use) includes one pop-up 10x20ft tent, a 6ft BBQ grill, two 8ft tables and 4 folding chairs. This deal is great for outdoor picnics/parties. Regular cost is \$79; get the package for only \$65.

Green Bay Marina

Thursday, May 19 from 0930 to 1130

"Ladies" Only Powerboat Training Course

We are hosting a "Ladies" Only Powerboat Training Course. Come out and qualify to rent all of our Powerboats so you can have some fun on the water this summer. Class size is limited to 10 so don't delay in signing up.

Single Sailors Wanted

Starting in May, single sailors get 10% off all boat and equipment rentals and sailing and powerboat lessons at the Marina by showing a Spectrum ID Card. You can get your Spectrum ID card from the Single Sailor Office located in the Fleet Recreation Center.

New policy for Sailing and Powerboat Qualification Courses

The Marina no longer maintains a waiting list for personnel who want to attend our qualification courses. We have shifted over to a first come/first serve basis for registration. Registration for all courses start on the 1st day of the month prior to the class and payment is due upon registration. We will start accepting registration for all June classes on May 01.

American Sailing Association (ASA) Courses

We will be offering our first Keelboat Class on May 6 to 8 and the Basic Small Boat Class on May 20-22. We also will be offering the ASA Coastal Navigation Course on June 18-19 and 25-26 from 0900 to 1600. To graduate you must attend both weekends. Cost for this course is \$100. ASA certifications are recognized just about everywhere, allowing you to rent a sailboat from nearly anywhere in the world and this price is the cheapest you will find.

Upcoming Classes

May 14 and June 04 Powerboat Certification from 0930 to 1130
June 10-12 Basic Small Boat Sailing Class

Get in shape at lunch while enjoying some time on the water. Starting this month until the end of summer, pay half price for Kayak and Row Boat rentals Tuesday through Friday from 1100 to 1300. Come over and try out our new single and double sit on top kayaks. No qualification required.

The Marina is still seeking qualified sailing instructors; ASA, USNSA or US Sail acceptable. If qualified and interested in teaching basic sailing, contact the Green Bay Marina at 243-4155.

Paintball

XBALL Season 2 (Roster 5 to 18 players)

League teams earn 10% discount on cases of paint and practice fees. All CO2 for league teams is free and there are no additional fees on game days. Teams can sign up as early as they want to receive league discounts. Schedule of games are set up with regards to team duty and schooling concerns. XBall rules can be found on www.xballpaintball.com. These rules are used with only minor alterations (available on demand and at sign up). Open to anyone ages 13 and older (minors must have waiver signed by parent). \$300 entry fee per team.

Reserve the Topside Field

Available in 2 or 4 hour blocks
Monday, Tuesday, Wednesday and Thursday from 1500 to 2100.
Saturdays are open for reservation all day from 0900 to 2100.

Come to 'Open Play' paintball! Sundays from 0900-1700, and Fridays from 1700-2300. For details call 243-5732. Ask for the Paintball Guy!

Ikego West Valley Campground

Spring is here! It's the perfect time to go camping with your family or friends. Come out to the Ikego Campground and receive 50% off rental sites each Sunday through Thursday in May. As an added bonus, receive one free rental item and one bundle of firewood for Friday and Saturday rentals.

If camping is not your forte, feel free to use one of our free picnic sites or get a group together to play volleyball in our brand new sand volleyball pit. Hit the bulls-eye at the new archery range or play one of our many yard games. Contact the Campgrounds for more details on what we offer.

Saturday, May 07

Intro to Camping 101

Join this training session designed to teach you how to set up a campsite. Learn how to select a campsite, set up a tent, and how to safely build a campfire along with other outdoor knowledge. Cost is \$2.50 per person. Please register at the Campground or by calling 080-3473-2710 or email slack.adam@cfay.navy.mil



Ikego Campgrounds
GRAND RE-OPENING
Saturday, May 28
Games Activities BBQ

Come out to the Campgrounds and help us celebrate the re-opening of the Ikego Campgrounds. Also enjoy some games and activities with a nice BBQ by the Campgrounds pond. Please register at Ikego Campgrounds, Ikego MWR or Yokosuka Outdoor Gear issue or by calling 080-3473-2710 or email slack.adam@cfay.navy.mil

For only \$7

All campsites require reservations, which can be made 1-90 days in advance at the Ikego West Valley Campground Office or by calling 080-3473-2710 or email slack.adam@cfay.navy.mil. Each site holds a maximum of 20 people.

International Programs



18th Annual USN/JMSDF Sport Olympics

Purpose of USN/JMSDF Sports Olympics is to create lasting friendship between US Navy and Japan Maritime Self Defense Force (JMSDF). US Navy and JMSDF will have great games scheduled this year. Let's go out there and boost our Navy team!

Schedule and Event location

Bowling	1030 to 1300	MWR Bowling Center
Softball	1300 to 1430	CFAY Main Field
Swimming	1300 to 1500	JMSDF Submarine Pool
Soccer	1200 to 1400	CFAY Briggs Bay Field
5K run	1030 to 1130	CFAY Thew Gym
Volleyball	1330 to 1500	CFAY Thew Gym

Monday, May 30 in Sagami Bay

Memorial Day International Boat Fishing Tournament

Registration fee, ¥10,000, includes boarding pass, transportation, equipment, bait and lunch box. Tournament is limited to 20 participants at least 18 years of age or with authorized sponsor. Sign up by 1600 Monday, May 23.

Upcoming MWR Marathon Tours

July thru December MWR Marathon Tours available for sign up now.

Friday, July 22

Fuji Climbing Race 21K and 15K in Yamanashi Prefecture

25 participant limit

Sign up by 1500 Monday, May 30

¥6,070 entry fee

Sunday, October 30

Teganuma Echo Marathon / Half Marathon in Chiba Prefecture

20 participant limit

Sign up by 1500 Monday, July 11

¥3,570 entry fee

Wednesday, November 23

Yokosuka Seaside Marathon 20K, 10K and 5K in Kanagawa Prefecture

25 participant limit

Sign up by 1500 Monday, October 17

¥3,070 entry fee

Sunday, December 04

Kawaguchi Marathon Half 10K and 5K in Saitama Prefecture

20 participant limit

Sign-up by 1500 Monday, October 10

¥2,570 entry fee

For details, or to sign-up for any event visit International Program Office adjacent to Commissary Store in building G-47 or call DSN 243-4731 or off base phone 046-823-3555.

Aquatics

Tuesdays and Thursdays at 1700 at Seaside Pool

Master's Swim Team

Join this swim program if you are at least eighteen years of age and want to compete in Japanese swim meets. Members pay all meet entry fees. Sign up and pay fees at Green Beach Pool Office 0500 to 1400 Monday thru Friday. For details call 243-6410.



Monday, May 30 in Yokosuka Officers' Club Pool and Ikego Pool

Memorial Day Pool Parties

Come out to kick off the summer season. Enjoy water volleyball, water basketball, entertainment and refreshments. Regular admission fees apply. Call 243-6410 for details.

Seaside Pool Operating Hours

Early Lap Swim	0530 to 0800	Monday thru Friday
Command Reservations**	0800 to 1100	Monday, Wednesday Friday
	0800 to 1000	Tuesday, Thursday
Lunch Lap Swim	1100 to 1300	Monday thru Friday
Closed for cleaning	1300 to 1400	Monday thru Friday
Recreational Swim	1400 to 1500	Tuesday, Thursday Friday
Seahawks' Swim Practice	1500 to 1700	Monday thru Friday
Masters' Swim Practice	1700 to 1800	Tuesday, Thursday
Evening Lap Swim	1700 to 1900	Monday, Wednesday Friday
	1800 to 1900	Tuesday, Thursday
Recreational Swim	1900 to 2000	Monday thru Friday

***If your command would like to use Seaside Pool for PRT or PFA call 243-5620. Command fee is \$25 per reservation unless command can provide its own fully qualified lifeguard to monitor pool. Guard cannot engage in any other function during reservation period.*

Daily Pool Usage Fees

Early Morning Lap Swim for all ages	Free
Lunch Lap Swim	Free
Child five years of age and under	Free
Child six to 16 years of age	\$1 per day
Junior and adult 17 years of age and over including Active Duty military	\$2 per day

Pool Memberships are available.
Call 243-5620 from 0800 to 1700 for details

Adult Sports

Monday, May 02 at 1800 on Thew Gym Field #2

Seahawks Varsity Football Season Practice Begins

Tryouts for teams are ongoing throughout the season. Players will need to bring their own cleats. All practice and game equipment will be provided. Players must stop by Adult Sports Office on third floor of Fleet Recreation Center to fill out a player registration form. Come out to support the Seahawks as they work on their sixth league championship in a row!

Monday, May 16 at 1700 on Brigg's Bay Field

IM Spring Soccer Tournament

Team must register by 1800 Wednesday, May 11 at Adult Sports Office on third floor of Fleet Recreation Center. Coaches/captain's meeting Thursday, May 12 at 1730 at Adult Sports Office. Double elimination format. Team trophies for top 3 teams, and individual awards for event champion, presented.

**Tuesday, May 17 at 1800
on Chapel Tennis Courts**

CAPTAIN'S CUP TENNIS TOURNAMENT

Players must register by 1800
Wednesday, May 11 at Adult Sports
Office on third floor of Fleet Rec Center.

Player's meeting Thursday, May 12
at 1730 on Chapel Courts.

Events are open to Active Duty military and DoD civilians and dependents at least 18 years of age, out of high school and with valid ID. For details call Adult Sports Office at 241-2955. Participants for Captain's Cup events must play for own command.



**Open daily
from 0630 to 2100**

Wellness Center

Friday, May 13 at 1100

Command 10K Relay

Get your command involved in this relay. Show your team spirit and work together to achieve new standards! Open to all commands! Get your team of 4 runners ready! This event is FREE!! For details call 241-4486.



**Fitness Fair
and 5K
Saturday
May 14 at 0900**

Fleet Activities Yokosuka Naval Base will host a Fitness Fair and a 5K run. Come by and learn new and interesting ways of "spicing" up your workout or just learn the basics. Stay for the 5K run afterwards. There will be refreshments available and prizes for the top runners. Please sign up at least two (2) weeks in advance to get your t-shirt and water bottle! Registration fee is \$10 per participant. For details call 241-4486.

Saturday, May 28 from 1000 to 1400

International Aerobathon

Want to burn extra calories and have fun doing it? Then the International Aerobathon is for you!! There will be several aerobics instructors READY to pump you up. This 4-hour event will be held at the Fleet Rec Center on Yokosuka Base. There will be food and drinks available throughout the event. Also, great door prizes and t-shirts will be awarded! You need to sign up two (2) weeks before the event to get a t-shirt. For details call 241-4486. The fee for SOFA sponsored personnel is \$10, and for Non-SOFA Sponsored is ¥1,500.

Friday, May 27 at 1130

Memorial Day 3K

Celebrate this holiday by getting your running shoes out and participate in the Memorial Day 3K run! This memorial event is FREE!! For details call 241-4486.

Thew Gym

Certified General Thai Massage Service

The following services are now available at Thew Gym by appointment: Thai Massage, Foot Massage, Pregnancy Massage, Swedish Massage and Sports Therapy. Appointments can be made by stopping by Thew Gym Sports Office. For details call 243-5398.

Skateland

Group Rates and Private Parties

Birthdays, scouts, day care centers, sports teams, military commands or any organization. We have plans to accommodate any size group during our skating sessions and with private rental of the facility. It's easy and it's fun. Call 243-7539 for details.

Discount Days

Tuesday and Wednesday in May will be half-price for public skating and for all private parties.

May ITT Tours

Saturday, May 07

Sankai-en Japanese Garden and
Yokohama Royal Wing Tea Time Cruise \$54A/\$50J/\$37C

Sunday, May 08

New Sanno Hotel Mothers' Day Brunch and
Shinjuku Gyoen National Park \$39A/\$22C

Saturday, May 14

Nikko Sightseeing \$59A/\$44J/\$38C
Nishizawa Ravine Hiking and Shirayuri Winery \$38A/\$28C
Tokyo DisneySEA Amusement Park \$65A/\$55J/\$45C

Sunday, May 15

Fuji Area Spring Sightseeing \$35A/\$27C
Fukushima Spa Resort "Hawaiians" \$52A/\$37C
Fujikyu Highland Amusement Park \$64A/\$57J/\$55J/\$45C

Wednesday, May 18

Nikko Spring Samurai Festival \$50A/\$32C

Thursday, May 19

Costco Kanazawa Seaside Shopping \$8A/\$5C

Saturday, May 21

The 66th Annual Shimoda Black Ship Festival \$50A/\$35C
Nikko Edo Wonderland Theme Park \$65A/\$40C
Yunessun Hot Spring with Lunch Buffet \$59A/\$38C

Sunday, May 22

Kamikochi Nature Hiking \$50A/\$35C
Hakone Sightseeing with Odawara Castle \$52A/\$33C
Asakusa Sanja Festival and Riverboat Ride \$30A/\$20C

Wednesday, May 25

Seto Pottery Shopping \$38A/\$28C

Friday thru Monday, May 27 thru 30

Hiroshima, Kurashiki and Himeji Castle Overnight
SGL \$393A TWN \$358A/\$324J/\$309C TRL \$338A/\$304J/\$289

Saturday, May 28

Japanese Old Post Town "Kisoji" Sightseeing and Soba Making
\$65A/\$50C

Sunday, May 29

Tokyo Disneyland Amusement Park \$65A/\$55J/\$45C
Tokyo Sightseeing \$37A/\$28J/\$23C

Monday, May 30

World Expo 2005 in Aichi \$82A/\$58J/\$45C

**Prices subject to change without notice.
For tour details call 243-5613 or 243-7257.**

June ITT Tours

Saturday, June 04

Noritake China, China Pete's and Camp Zama Shopping \$20A/\$15C
Japanese Fan Making at Nakatomi Washi Paper Village,
Cherry Picking and Shiraito Waterfall \$67A/\$49C
Nishi Izu Marine Cave Cruise, Toi Ivory Art Museum and
Orchid Village Tour \$65A/\$54J/\$37C

Sunday, June 05

Itako Iris Festival and National Museum of Japanese History
\$27A/\$18C
Tokyo Special Import Car Show at Tokyo Big Sight \$37A/\$15C

Saturday, June 11

Sapporo Beer Factory, Kakegawa Castle and Yaizu Fish Market
\$34A/\$26J/\$22C
Tokyo DisneySEA Amusement Park \$65A/\$55J/\$45C
Fuji Area Spring/Summer Sightseeing \$35A/\$27C

Sunday, June 12

Tokyo Sightseeing \$37A/\$28J/\$23C
Yunessun Hot Spring with Lunch Buffet \$59A/\$38C

Thursday, June 16

Costco Kanazawa Seaside Shopping \$8A/\$5C

Saturday, June 18

Nikko Sightseeing \$59A/\$44J/\$38C
Fukushima Spa Resort "Hawaiians" \$52A/\$37C
Tsukiji Fish Market, Edo Tokyo Museum and Asakusa Kannon Temple
\$26A/\$21J/\$16C

Sunday, June 19

Bullet Train Ride, Fuji Peace Park Visit and
Gotemba Premium Outlet Shopping \$74A/\$44C
New Sanno Hotel Fathers' Day Brunch and
Akihabara Electronics District \$41A/\$25C

Thursday, June 23

Grandberry Mall and Carrefour Shopping at Yokohama Machida
\$12A/\$9C

Friday, June 24

World Expo 2005 in Aichi \$82A/\$58J/\$45C

Saturday, June 25

Hakone Sightseeing with Open-Air Museum \$54A/\$42J/\$35C
Tokyo Disneyland Amusement Park \$65A/\$55J/\$45C
International Weekend at Tokyo Summerland Amusement Park
\$24A/\$18C

Sunday, June 26

Togo Shrine Sale, Harajuku Town and
Helwajima Antique Show Shopping \$20A/\$15C
International Weekend at Tokyo Summerland Amusement Park
\$24A/\$18C

Tuesday May 17

Regular Sumo Tournament at Ryogoku Kokugikan Hall

Its origins were religious. The first sumo matches were a form of ritual dedicated to the gods with prayers for a bountiful harvest. Early sumo was a rough-and-tumble affair combining elements of boxing and wrestling with few or no holds barred. Over time, rules were formulated and techniques developed so that it came more nearly to resemble the sumo of today. Join us in ITT as we take you to witness modern day sumo tournament and experience this unique and beautiful part of the Japanese culture first-hand. \$64A / \$58C



Yokosuka Facilities

Adult Sports Office	241-2955
Monday - Friday	0800 to 1700
Auto Hobby Shop	243-5456
Tuesday - Friday	1100 to 2000
Saturday & Sunday	0900 to 1700
Aquatics	243-6410
Aquatics Hotline	243-5229
BOQ Pool	243-6830
Green Beach Pool	243-6410
Officers' Club Pool	243-5941
Seaside Pool	243-5620
Bowling Center	243-4200/5158
Sunday - Thursday	1030 to 2300
Friday & Saturday	1030 to 0100
Child Development Centers	
CD Homes	243-5478
Monday - Friday	0700 to 1700
Main CDC	243-3219
Monday - Friday	0615 to 1800
Hourly CDC	241-4101
Monday - Friday	0700 to 1700
Community Center	241-4111
Monday - Friday	0800 to 2000
Saturday	0900 to 1800
Entertainment Office	243-5215
Monday - Friday	0730 to 1630
Fleet Gym	
Monday - Sunday	24 hours
Fleet Gym Office	243-5304
Monday - Friday	0700 to 1600
Green Bay Marina	243-4155
Tuesday - Sunday	0900 to 1800
Hobby Mart	243-5040
Monday - Friday	1000 to 1800
Saturday	0900 to 1800
International Programs Office	(046)823-3555
Monday - Friday	243-4731
Monday - Friday	0730 to 1630
ITT	243-5613/7257
Monday - Friday	0900 to 1800
Saturday	0900 to 1300
Library	243-5574
Monday - Sunday	1030 to 1930
Benny Decker & Fleet Theaters	
Movie Hotline	243-6703
Outdoor Rec Center	241-3708
Thursday - Tuesday	1000 to 1800
Holiday	1000 to 1400
School Age Care	243-5492/3439
Monday - Friday	0600 to 1800
Single Sailor Program Tours	243-7346
Monday - Friday	1000 to 1800
Spectrum Lounge	243-7346
Sunday - Thursday	1000 to 2400
Friday & Saturday	1000 to 0100
Liberty Loft	243-7346
Wednesday - Saturday	1800 to 2400
Skateland	243-7539
Sunday, Wednesday & Thursday	0900 to 1800
Friday and Saturday	1200 to 2100

Teen Center*	243-5542
Monday - Thursday	1400 to 2000
Friday	1400 to 2200
Saturday	1200 to 2200
Holiday	1200 to 1800
* Open at 1200 on no school days	
Veterinary Clinic	243-6820
Monday - Friday	0800 to 1600
Tuesday & Thursday (surgery)	0730 to 1600
Thew Gym	243-5398
Monday - Sunday	0530 to 2200
Youth Sports Office	241-2952
Monday to Friday	1000 to 1800
Wellness Center	241-4484
Monday - Friday	0900 to 1500
Wood Hobby Shop	243-9064
Wednesday - Friday	1200 to 2100
Saturday & Sunday	1000 to 1730

Clubs & Dining

Club Alliance	243-5951
Sharky's Beverage Company	
Sunday - Thursday	1500 to 0030
Friday, Saturday & Day before Holiday	1500 to 0230
Sharky's BBQ	
Monday - Sunday	1600 to 2200
Second Floor Cashier Cage	
Sunday - Thursday	1100 to 2400
Friday, Saturday & Day before Holiday	1100 to 0130
Italian Gardens	
Lunch	
Monday - Saturday	1100 to 1400
Dinner	
Monday - Sunday	1700 to 2100
The Café	
Sunday - Thursday	1100 to 2400
Friday, Saturday & Day before Holiday	1100 to 0130
Upper Deck Sports Bar	
Sunday - Thursday	1100 to 0030
Friday, Saturday & Day before Holiday	1100 to 0230
CPO Club	243-5506
Dining Room	
Monday - Friday	
Lunch	1100 to 1330
Dinner	1700 to 2100
Saturday, Sunday & Holiday	
Lunch	1000 to 1330
Dinner	1700 to 2100
Cruise Inn	
Monday - Friday	0600 to 1400
Cove Bar	
Monday - Thursday	1100 to 2400
Friday	1100 to 0100
Saturday	1000 to 0100
Sunday	1000 to 2400
MWR Food Court	243-3245
Mean Gene's Burgers	
Breakfast	0600 to 1000
Regular Menu	1000 to 2200
Smash Hit Subs	
Monday - Sunday	1000 to 0530
Hot Stuff Pizza & Cinnamon St.	
Monday - Friday	1100 to 2100

Officers' Club	243-5030
Kosano Dining Room	
Sunday Brunch	0900 to 1330
Lunch	
Monday - Friday	1100 to 1330
Dinner	
Monday - Saturday	1700 to 2100
Sunday & Holiday	1700 to 2000
Warehouse Dining Room	
Lunch	
Monday - Saturday	1100 to 1330
Dinner	
Friday & Saturday	1700 to 2100
Kurofune Lounge	
Monday - Thursday	1500 to 2300
Friday & Saturday	1300 to 0100
Sunday & Holiday	1300 to 2300
Deli and Bakery	
Monday - Thursday	0900 to 1900
Friday	0900 to 2100
Saturday	1000 to 2100
Sunday	1000 to 2000
Holiday	1000 to 1900
Game Room	
Monday - Friday	0830 to 2300
Saturday, Sunday & Holiday	0900 to 2300
Cashier (Main Side)	
Monday - Friday	0830 to 2300
Saturday, Sunday & Holiday	0900 to 2300
Seaside	
All Hands' Club	243-3379/5625
Dining Room	
Monday - Saturday	
Breakfast	0600 to 1000
Lunch	1100 to 1500
Dinner	1700 to 2100
Sunday	
Breakfast	0600 to 0830
Brunch	0930 to 1400
Dinner	1700 to 2100
Barnacle Bill's Lounge	
Sunday - Thursday	1100 to 2300
Friday & Saturday	1100 to 2400
Deli	
Monday - Thursday	0900 to 1900
Friday	0900 to 2100
Saturday	1000 to 2100
Sunday	1000 to 2000
Holiday	1000 to 1900
Starbucks	0468-20-2791
Monday - Friday	0630 to 2100
Saturday & Sunday	0730 to 2100

Ikego Facilities

Ikego Club Takemiya	246-8077
Dining Room	
Monday - Saturday	1100 to 1330
	1700 to 2100
Sunday	1000 to 1330
	1700 to 2100
Lounge	
Monday - Thursday	1600 to 2300
Friday & Saturday	1600 to 0200
Sunday	1600 to 2200
Day before Holiday	1600 to 0100
Delivery Service to Ikego Housing	
Monday - Saturday	1700 to 2030

Ikego CDC	246-8060
Monday - Friday	0600 to 1800
Ikego MWR Office	246-8071
Monday - Friday	1000 to 1830
Ikego Sports	246-8017
Monday - Friday	1000 to 1830
Ikego Pool	243-5229
School Age Care	246-8301
Monday - Friday	0600 to 1800
Ikego Teen Center	246-5929
Monday - Friday	1800 to 2100
Saturday	1300 to 2100
Ikego West Valley Campground	090-9968-7331
Thursday - Monday	0900 to 1700

Negishi Facilities

Negishi MWR Office	242-4120
Monday - Friday	0900 to 1700
Saturday	0900 to 1200
Bowling Center	242-4123
Tuesday - Thursday	1500 to 2100
Friday	1500 to 2200
Saturday	1200 to 2200
Sunday & Holiday	1200 to 2000
Negishi CDC	242-4316
Monday - Friday	0600 to 1800
Negishi	
All Hands' Club	242-4151
Monday - Thursday	1100 to 2300
Friday	1100 to 0200
Saturday	0900 to 0200
Sunday & Holiday	0900 to 2200
Dining Room	
Monday - Thursday	
Lunch	1100 to 1400
Dinner	1700 to 2000
Friday	
Lunch	1100 to 1400
Dinner	1700 to 2100
Saturday	
Breakfast	0900 to 1100
Lunch	1100 to 1600
Dinner	1700 to 2100
Sunday	
Breakfast	0900 to 1100
Brunch	0900 to 1400
Lunch	1100 to 1600
Dinner	1600 to 2000
Lounge	
Monday - Thursday	1100 to 2230
Friday & Saturday	1100 to 0130
Sunday & Holiday	1100 to 2130
Fitness Center	242-4124
Monday - Sunday	0400 to 2200
Negishi Library	242-4125
Tuesday - Saturday	0900 to 1800
Negishi Pool	242-4844
School Age Care	242-4131
Monday - Friday	0600 to 1800
Negishi Teen Center	242-4121
Tuesday - Friday	1500 to 1800
Saturday	1200 to 2000

MEMORIAL DAY INTRAMURAL SPORTS TOURNAMENTS



**Friday, May 20 at 0700 on Atsugi NAF
Whispering Pines Golf Course**

Golf Tournament

Teams must register by 1800 Wednesday, May 18 at Adult Sports Office on third floor of Fleet Recreation Center. Players meeting Friday, May 20 at 0645 at first tee. Four-Man Scramble format. Players will receive rules and information regarding the event on first tee at team tee time.



Friday, May 27 at 1730 in Fleet Gym

Basketball Tournament

Teams must register by 1800 Wednesday, May 25 at Adult Sports Office on third floor of Fleet Recreation Center. Coaches/captain's meeting Thursday, May 26 at 1730 in Adult Sports Office. Team awards for top 3 finishers and individual awards for event champion presented. Three-point and slam-dunk competition will be held before the finals.



Friday, May 27 on Main Softball Field

Twenty-Four Hour One-Pitch Softball Tournament

Teams must register by 1800 at Adult Sports Office on third floor of Fleet Recreation Center. Coaches/captain's meeting Wednesday, May 25 at 1800 in Adult Sports Office. Team trophies for top 3 teams and individual awards for event champion presented.